



# TUNA APPLE SALAD SANDWICH

Live up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

**Preparation time:** 15 minutes

**Serves:** 4

## INGREDIENTS:

### Tuna Salad

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 12-oz can chunk light tuna, drained
- 2 tbsp low-fat plain yogurt
- 2 tbsp reduced-fat mayonnaise
- ½ cup raisins (or chopped figs)
- ¼ cup chopped walnuts
- ⅛ tsp ground black pepper
- 2 tbsp chopped fresh parsley, optional
- ½ tsp curry powder, optional
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

## DIRECTIONS:

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

## Serving Suggestions:

Serve with an 8 oz glass of 100% orange juice.



Food Group Amounts	
Dairy	--
Fruits	½ cup
Vegetables	¼ cup
Grains	2 oz
Protein	3 oz

Nutrition Facts	
Serving Size 227 g	
Amount Per Serving	
<b>Calories</b> 380	Calories from Fat 90
%Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 550mg	<b>23%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 9g	
<b>Protein</b> 27g	
Vitamin A 10%	Vitamin C 6%
Calcium 10%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



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